



Healthy Back FAQ

Take initiative today and learn how to maintain and strengthen your back health today!

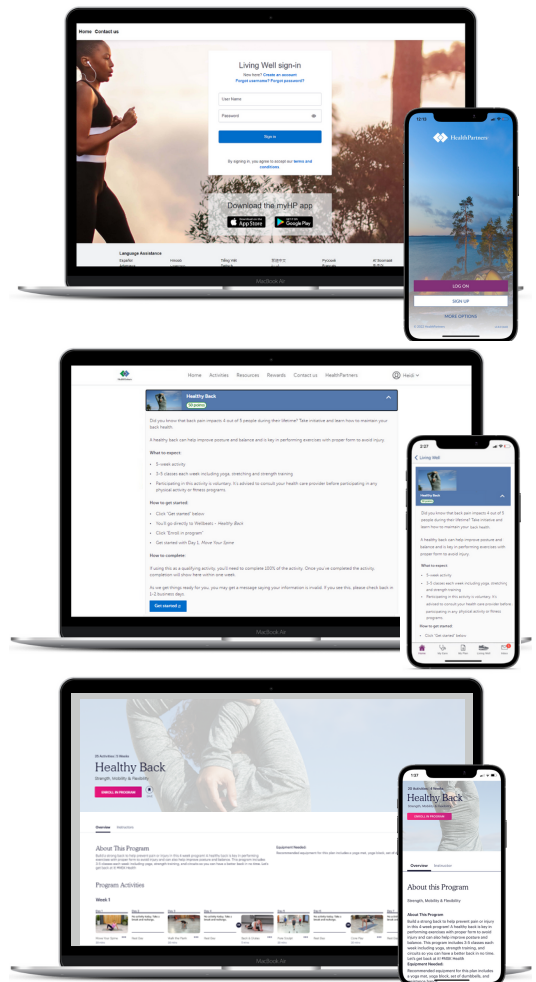
What to expect:

- 4-week activity
- 3-5 classes each week including yoga, stretching and strength training
- Participating in this activity is voluntary. It's advised to consult your health care provider before participating in any physical activity or fitness programs.

Get started today.

1. Sign in to your account at **healthpartners.com/wellbeing** or using the **myHP app** and clicking the Living Well icon.
2. You may need to complete your health assessment to unlock access to Healthy Back.
3. Find the activity card, **Healthy Back**, and click "**Get started**". You'll automatically be redirected to Wellbeats and Healthy Back.
4. For first time users, follow the steps to complete your Wellbeats profile and create a password.
5. Next, you'll click "**Enroll in program**".
6. Then get started with the first class, **Move Your Spine!**
7. If using this as a qualifying activity, you'll need to complete 100% of the activity.

Note: Next time you access Healthy Back, follow steps 1 and 3 or go directly to **portal.wellbeats.com**. Enter the email address and password you included when completing your Wellbeats profile.



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